Grace Ansah

Johnson & Lange

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Control has been a main factor in many people’s lives. No matter whom they may be or where they may come from, control has its way of somehow integrating itself into the lives of many human beings. Ever since the beginning of time, people of all races, religions, or even beliefs have been controlled in one way or another. The use and abuse of control has affected the world’s history and has led to a numerous amount of tragedies and events, such as The Holocaust during World War II and slavery in the United States. Based on [thefreedictionary.com](http://thefreedictionary.com), control is to exercise authoritative or dominating influence over or direct. It is the key to manipulation-- a source to superiority. Control disguises itself in different shapes and forms--both physically and mentally.

Physical and mental control are among the most common. Both characteristics are tied to the use of manipulation. Once one has that ‘upper hand’ over another, that person can do whatever it takes to continue to be superior. It is very similar to blackmail. One knows something bad about another person and has the advantage of manipulating that person in order to keep the secret quiet. During the Holocaust, millions of innocent people were killed for their religion; for what they believed in. Day after day, people were forced to be put to work but were fed very little. At random, prisoners were taken to gas chambers to meet their death. They were put through utmost difficulties in order for the guards, overseers, and Nazi soldiers see who stayed the healthiest the longest. It was survival of the fittest. Those that steered clear of the diseases, such as typhus and scabies, that crept into their lives each and every day could simply live longer, even if it was not that long. “The Nazis victimized some people for what they did, some for what they refused to do, some for what they were, and some for the fact that they were.” (*John Conway, Holocaust survivor;*[worldwar02.com](http://worldwar02.com" \t "_blank)) Prisoners had no say in what they could or could not do, but because of the consequences that lay ahead, each of their lives had absolutely rested in the palms of the authority. Along with the Holocaust, slaves in the United States during the 1800s were forced to do many tasks given by their masters. Slaves were forced to perform duties inside of the plantation owner’s home along with picking cotton out in the fields in high temperature weather. Although slaves were supposed to be brought to the United States to temporarily do some work and then be freed, the Southern part of America became interested in crops like rice, tobacco, and cotton and it resulted in a higher demand of more slaves that could withstand long work days and contemporary diseases. Hour after hour, back-breaking and sweltering, slaves had to do what they were ordered. If ignored or refused, their lives became at risk as well as there being a high possibility of either being brutally beaten or sold. Physical and mental control demolishes a human and paves the way for a struggle in life. But the question is: Can it ever be put to a stop?

The most frightening thing about control is how it disguises itself. The Food and Drug Administration is a perfect example of this. Although most might not cease to think about it, the FDA has the final say in what foods go out to the public. Another frightening aspect about the FDA is how the administrators abuse their power and allow for ingredients and preservatives, such as Trans-fat, partially hydrogenated oils, or high fructose corn syrup, ingredients that lead to cardiovascular diseases, high blood pressure, and diabetes. The FDA has the power to allow multiple food companies to produce whatever food with any number of insane ingredients and any number of preservatives. With that power over the nation, there comes a sense of superiority. And with that superiority, there comes control.

Although control has been looked at as something horrendous, it also comes with a few beneficial factors. According to my mother’s view on control, “Discipline is good for children because it teaches them and helps them to respect and understand their role of being children. I believe in discipline more than punishment. Punishment is torture, like spanking a child. When you spank a child, you are teaching the child to do the same thing. I do not believe in spanking, I believe in discipline. Discipline is taking a privilege from the child and helping them to understand the real world.” Controlling children and adolescents in a positive way will promote a better future, from generation to generation. From the point of view of being in charge of her business, my mother explains her role as the controller: “I don’t abuse my power that I have over my business. To have a successful business, you have the power to control things that will help you build your business in a successful way. Not to misuse it.” In most cases, those who have power over their businesses and employees have the access to do what is beneficial to ensure for a successful and progressive business. Parents have the almighty power to teach and set a good example for their children which, in the end, will pave the way for the children of the future. Once taught the right way, children will see what works best and when they become old enough, they will know what to do when it comes to raising a child. The role of control being beneficial is acting in a positive manner and teaching others moral values.

No matter the circumstance, control will constantly be placed in one’s life, whether he or she notices it or not, whether he or she admires it or not. Even though control has its benefits, such as raising and teaching children their moral values, it continually leads to the worst. It continues to demolish humanity. “The Holocaust is not only a tragedy of the Jewish people, it is a failure of humanity as a whole.”

*- Moshe Katsav, Israeli President*

Control is personally defined as the power to direct the behaviors of others in either case of being advantageous or dreadful. By the reason of its abuse, control has been looked at as short of beneficial and additionally deplorable.